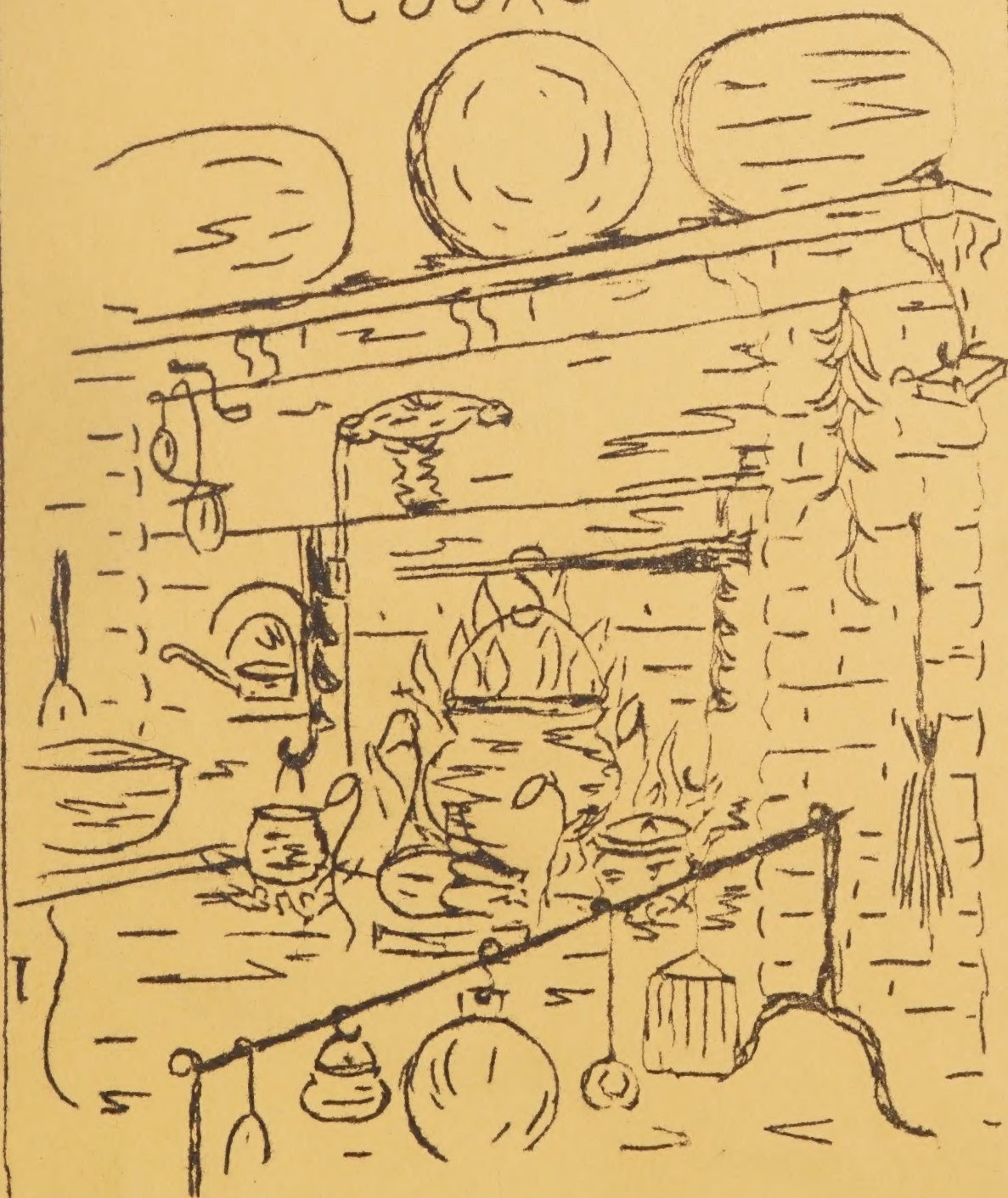


Eighteenth Century  
Hostesses  
Are  
Twentieth Century  
Cooks





Merry Christmas  
from

Marty, Leah & Dave

EIGHTEENTH CENTURY HOSTESSES

are

TWENTIETH CENTURY COOKS



FAVORITE RECIPES

Compiled and Recommended  
by the  
TRYON PALACE HOSTESSES  
1966



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Cp641.5  
T875e  
1966

With Admiration and Affection

This Little Book

Is Dedicated to

MARY ROBERTS

"The Hostess with the Mostest"

Is there enough water in the pot for two cups?

## NOTES

1945 - Tyson Palace Commission organized.

1951 - Mrs. John A. Kellenburger elected Chairman, succeeding her Mother, Mrs. James Edwin Latham; and Mr. Kellenburger elected Finance Officer.

1952 - Work on Palace Restoration started.

1957 - First Classes for Tyson Palace Masters.

1959 - Opening of Tyson Palace.

1961 - Mauds Moore Latham Memorial Garden dedicated.

1962 - Miss Gertrude Garroway, Restoration Director, named "North Carolinian of 1962."

1964 - Dedication of Kellenburger Garden on "Kellenburger Day," honoring Mr. and Mrs. Kellenburger.

1965 - Commission's 25th Anniversary Program held successfully, despite disastrous fire which destroyed the Governor Tyson Hotel.

1966 - Mrs. Kellenburger received the Brownin-ahaid Award of the National Trust for Historic Preservation for her "Outstanding Achievement" in the restoration and interpretation of North Carolina's Colonial and First State Capital.



# SPICED TEA

For either hot spiced tea or iced spiced tea, the following recipe is recommended. For 5 minutes boil 1 cup of sugar (or 3/4 cup sugar) in 1 cup of water. Remove from fire and add 1 tsp. allspice and 3 tsp. of tea. Cover and let stand 15 min. Meantime, in a 2-qt. pitcher put 15 cups

## BEVERAGES AND APPETIZERS

orange juice and 1 cup lemon juice. A little pineapple juice may be added, if desired. Strain the tea into the juices and fill the pitcher with water. Gertrude Caraway

### C. CAROL BERRY'S PUNCH

1 lb. tea (makes 1 gallon)

1 scant tsp. citric acid

2 1/2 lbs. sugar

1 tall can unsweetened pineapple juice

2 tall cans unsweetened orange juice

2 tall cans unsweetened grapefruit juice

1 small bottle lemon juice

Divide among 3 gallon-size soda cartons.

Freeze very firm.

To serve punch break up frozen juices and

add to each gallon:

1 quart orange juice

1 quart ginger ale

1 small package frozen strawberries

Serves over 100.

Gertrude Caraway

## SPICED TEA

For either hot spiced tea or iced spiced tea, the following recipe is recommended.

For 5 minutes boil 1 cup of sugar (or  $\frac{3}{4}$  cup sugar) in 1 cup of water. Remove from fire and add 1 tsp. allspice and 3 tsp. of tea. Cover and let stand 15 min.

. Meantime, in a 2-qt. pitcher put  $1\frac{1}{2}$  cups orange juice and  $\frac{1}{2}$  cup lemon juice. A little pineapple juice may be added, if desired.

Strain the tea into the juices and fill the pitcher with water.

Gertrude Carraway

## CARRIE DUFFY'S FROZEN PUNCH

$\frac{1}{4}$  lb. tea (makes  $\frac{1}{2}$  gallon)

1 scant tsp. citric acid

$2\frac{1}{2}$  lbs. sugar

1 tall can unsweetened pineapple juice

2 tall cans unsweetened orange juice

2 tall cans unsweetened grapefruit juice

1 small bottle lemon juice

Divide among 3 gallon-size laola cartons.  
Freeze very firm.

To serve punch break up frozen juices and add: to each gallon:

1 quart orange juice

1 quart ginger ale

1 small package frozen strawberries

Serves over 100.

Carrie Duffy Ward



## TASTY CANAPE

Use as many Waverly Wafers as desired. Place on each a strip of sharp cheese slightly smaller than the wafer. Around each wrap crosswise about  $\frac{1}{2}$  strip bacon. (Supposed to look like a bow tie.)

Place apart on cookie sheet that has an edge. Put in 200° oven for 3 hrs. Serve hot.

The cheese will melt without running off. The wafer will absorb grease from bacon and become soft, but the long, low temperature will crisp them up again. If not quite time to serve, they can stay in turned-off oven. Pretty and tasty.

Edna Daniels

## LOBSTER PASTE OR DIP

Drain and mash with fork one can of lobster. Mix with enough mayonnaise to get consistency desired. Add dash of Worcestershire and tabasco sauce and small amount of oregano--also mustard, if you wish, or other desired seasoning. This is a matter of taste. Serve with Ritz crackers.

Mary Ward

Here comes Donald Taylor! He'll straighten

us out. Use as many Waverly Weavers as desired.

Place on each a strip of sharp cheese slightly smaller than the water. Around

each wrap crosswise about 4 strip bacon. (Supposed to look like a bow tie.)

Place apart on cookie sheet that has an edge. Put in 200° oven for 3 hrs.

Serve hot. The cheese will melt without running

off. The water will absorb grease from

bacon and become soft, but the long, low

temperature will crisp them up again. If

not quite time to serve, they can stay in

turned-off oven. Pretty and tasty.

Edna Daniels

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desired seasoning. This is a matter of

taste. Serve with Ritz crackers.

Mary Ward



1 cup milk  
 1 cup mashed potatoes  
 1 pkg. yeast  
 Mix together the milk and  
 and yeast. Mix this together with

the  
 1 tsp. salt  
 6 tsp. shortening  
 2 cups plain flour  
 Knead for one

# BREADS

Dixie Willis

## SWISS BISCUITS

1 1/2 cups or substitute  
 1 1/2 cups low cheese  
 3 tsp. or more salt  
 Hot paper

3 handfuls meat

Flour - enough until dough does  
 to hands.

Make dough of above ingredients  
 little ball of dough, roll it

date or not, or roll thin; cut with a round  
 cutter and prick with a fork. Bake on  
 until I get brown.

They keep in a tin box for a long time.  
 Jane Gibbs Jackson

## BUTTERMILK ROLLS

(One Rising)

3/4 cup buttermilk (warm)

1/2 cup mashed potatoes (Instant potatoes may

1 pkg. yeast be used.)

Mix together the milk and potatoes and add yeast. Mix this together with:

2 tbs. sugar

1 tsp. salt

6 tbs. shortening

2 cups plain flour

Knead for one minute. Roll out into small rolls; allow 1 1/2 hours to rise and bake at 375°.

Dixie Willis

## CHEESE BISCUITS

1 lb. butter or substitute

1 lb. yellow cheese

3 tsp. or more salt

Red pepper

3 handfuls meal

Flour - enough until dough does not stick to hands.

Make dough of above ingredients. Take a little ball of dough, roll it around a date or nut, or roll thin; cut with a round cutter and prick with a fork. Bake at 350° until light brown.

They keep in a tin box for a long time.

Jane Gibbs Baskerville



## SPOONBREAD

Put 2 cups water on stove in small sauce pan to boil. When it boils, stir in  $1\frac{1}{2}$  cups meal and stir until the meal cooks and gets thick. Take from stove and add 2 tbs. sugar and 1 tsp. salt. Stir in 1 cup milk and 2 eggs, separated. (Beat whites and fold in last.) In a baking pan or casserole melt 2 tbs. butter. Pour melted butter into batter and put all into baking dish. Bake at  $450^{\circ}$  about 30 min.

Dorothy Harker

## CORN MEAL MUFFINS

1 cup corn meal  
 $\frac{1}{2}$  cup flour  
2 tsp. baking powder  
1 tsp. salt  
2 tbs. sugar  
1 cup milk  
2 eggs  
 $\frac{1}{2}$  cup shortening

Mix meal, flour, baking powder, salt, sugar and sift. Stir in milk. Add eggs, one at a time. Add melted shortening. Pour into well-greased muffin tins and bake in a hot oven ( $400^{\circ}$ ) 20 to 25 min.

Myrtle Stephens

## CORN MEAL COFFEE CAKE

2 cups fine cornmeal (approx.)  
½ cup brown sugar  
½ cup seedless raisins  
2 tbs. shortening. (chicken grease is best)  
1 level tsp. baking powder  
2 eggs

Cover brown sugar with water to prevent lumps and pour into dish containing other ingredients. If mixture is not soggy, add milk. Cook in oven at 400° until top is brown. Damn good with a cup of good coffee!

Chico of Arden

## KATHLEEN'S SOUR CREAM COFFEE CAKE

¼ lb. butter	½ pt. Maola sour cream
2 eggs	1 tsp. vanilla
2 cups sifted flour	1 tsp. baking powder
1 tsp. baking soda	
1 cup sugar	

Cream butter and sugar; add eggs, sour cream, and vanilla. Mix well and add dry ingredients, beating until smooth. Pour half the batter into greased pan (tube preferred) and sprinkle half the crumb mixture. Pour in rest of the batter and top with remaining crumb mixture. Bake at 350° for about 50 minutes or until done.

CRUMB MIXTURE: 1 tsp. cinnamon  
½ cup chopped nuts  
½ cup sugar  
½ cup seedless raisins  
(Part whole, part chopped)

Kathleen Orringer



## CRANBERRY NUT BREAD

2 cups sifted flour	3/4 cup orange juice
1 cup sugar	1 tb. grated orange
1½ tsp. baking powder	peel
½ tsp. soda	1 egg, well-beaten
1 tsp. salt	½ cup chopped nuts
¼ cup shortening	1 cup cranberries

Sift flour, baking powder, sugar, soda and salt. Cut in shortening to resemble corn meal. Combine orange juice and rind with egg. Pour all at once into dry ingredients. Fold in nuts and cranberries. Pour into small loaf pan. Bake at 350° about 1 hr.

Margaret Dunn

## HUCKLEBERRY BREAD

Butter size of an egg

1 egg

Milk

Melt butter in a cup; break egg into cup and fill with milk.

3/4 cup sugar

3 tsp. baking powder

1¼ cups flour

Little salt

1 cup blueberries

Sift dry ingredients in bowl; pour the cup of liquid in and beat well. Add huckleberries. Bake in 9" biscuit tin in 350° oven. Serve hot with hard sauce seasoned with rum, sherry, or lemon. Serves 8.

HARD SAUCE: Cream 1 stick butter, 1½ cups powdered sugar, and flavoring.

Rosa McM. Gibbs

## DATE-PECAN TEA BREAD

1 cup pitted dates, cut up and pressed in cup  
1½ cups boiling water  
1 cup pecans, chopped  
2½ cups sifted flour, plain\*  
3 tsp. baking powder  
½ tsp. salt  
1 egg  
1 tsp. vanilla  
1 cup brown sugar, packed in cup  
¼ cup salad oil

Heat oven to 350°. Grease 9"x5"x3" loaf pan.

Put dates in small bowl and add boiling water. Sift flour with baking powder and salt onto a sheet of waxed paper; set aside.

Combine egg, vanilla, sugar, and oil; beat until well-blended. Gradually add date mixture, beating constantly. Add flour mixture all at once; beat just until smooth. Stir in nuts. Turn batter into prepared pan and smooth top. Bake 60 to 65 min. Let cool in pan on wire rack 10 min. Loosen around sides with spatula and turn out onto rack to finish cooling. Wrap in plastic film or foil and store at least 12 hrs. before serving to improve flavor and cause bread to slice easily. Use very sharp knife.

\*Self-rising flour may be used, omitting baking powder and salt.

Elizabeth Simpson



WATER BUTTER SALAD

1 medium head spring leafy lettuce  
2 hard-boiled eggs  
1/3 cup sour cream, whipped  
1/2 cup sugar  
3/4 tsp. salt  
1 tsp. vinegar  
1 small onion cut in thin rings  
Combine sour cream, sugar,  
vinegar in bowl and mix well.

Place, onion, and 1 egg, stir together  
lightly. Slice other egg in ring. So  
lightly. This would be especially good  
with our Tyson Palace lettuce.

1 lb. Tuckers

BAKED BEAN SALAD

SALADS

1 can baked  
Add 2 hard-boiled eggs, chopped, and 1/2  
pepper, celery, salt and pepper  
enough mayonnaise to hold salad  
in 1/2 cup mayonnaise

CONCEALED SALAD

1 pkg. lime Jell-O  
1 cup hot water  
1/2 pkg. (small) cream cheese  
1 can crushed pineapple  
3/4 carton cottage cheese  
1/2 cup chopped pears  
chopped celery  
minced for color  
water to fill

one step  
cheese and other ingredients to Jell-O  
has cooled. Pour into mold and chill.  
Kathryn McDonald

## AMISH LETTUCE SALAD

1 medium head spring leafy lettuce  
2 hard-boiled eggs  
1/3 cup sour cream, whipped  
1/2 cup sugar  
3/4 tsp. salt  
1 tsp. vinegar  
1 small onion cut in thin rings

Combine sour cream, sugar, salt, and vinegar in bowl and mix well. Cut in lettuce, onion, and 1 egg. Stir together lightly. Slice other egg on top. Serves 4.

This would be especially good made with our Tryon Palace lettuce.

Ida Tucker Jones

## BAKED BEAN SALAD

Strain in colander 1 can baked beans. Add 2 hard-boiled eggs, chopped, and green pepper, celery, salt and pepper. Add enough mayonnaise to hold salad together.

Corrinne Pate

## CONGEALED SALAD

1 pkg. Lime Jello  
1 cup hot water  
1 pkg. (small) cream cheese  
1 can crushed pineapple (small)  
3/4 carton cottage cheese  
1/2 cup chopped pecans  
1/2 cup chopped celery  
Chopped pimiento for color

Add hot water to Jello. Let cool. Mix cream cheese with pineapple juice until of spreading consistency. Add cottage cheese and other ingredients to Jello which has cooled. Pour into mold and chill.

Kathryn MacDonald



## FROZEN FRUIT SALAD

1 large can fruit cocktail, drained  
2 large cans sliced peaches, drained  
1 large can crushed pineapple, drained  
but reserve juice  
1 large banana, not too ripe  
About 20 large marshmallows, softened  
in reserved pineapple juice  
½ pt. whipping cream, unwhipped  
1 cup mayonnaise (more, if desired)  
Lemon juice  
Dash each of salt and red pepper  
Maraschino cherries (optional)  
Chopped pecans (optional)

Mix all ingredients together and freeze in the cans or in a tube pan or ring mold. Freeze at least 4 hrs., preferably overnight. This salad keeps a month or more. Cheese biscuits are the perfect accompaniment.

Janet Latham

## ORANGE SALAD

1 pkg. orange Jello    ½ envelope plain  
1 cup hot water        gelatin  
1 small pkg. cream    1 cup frozen orange  
cheese                juice  
1 tbs. milk            2 oranges, sectioned  
Juice of 1 lemon

Dissolve Jello in hot water; add plain gelatin dissolved in a little cold water. Soften cream cheese with the milk. Add frozen orange juice which has been diluted, and lemon juice to Jello mixture. Blend in cream cheese. Place orange sections in mold and pour mixture on top. Refrigerate.

Margaret Dunn

## AMBROSIA SUPREME

1 can pineapple tidbits  
1 can mandarin oranges, drained  
1 cup bite-sized marshmallows  
1 pkg. frozen coconut  
1 pkg. sour cream

Mix well and chill. Serves about 6.  
If used as dessert, serve with cheese  
straws or saltines; as a salad, serve  
in lettuce cups.

Mary Monte

## FROZEN FRUIT SALAD (Party Size Recipe)

Drain 2 large cans peaches, 2 of  
apricots, 2 of pineapple chunks, and  
1 can of Bing cherries. Cut into  
pieces and add enough red and green  
maraschino cherries to give color.  
Pecans are optional.

Whip one pint of thick cream and  
add a cup of mayonnaise, more if you  
wish. Use small amount of lemon juice  
and a dash of Worcestershire and  
Tabasco sauce or any other seasoning  
that you desire, and freeze. This  
may be kept indefinitely.

Mary Ward





Has anyone seen my farthingales?

N O T E S

## VEGETABLES AND CASSEROLES



## STRING BEANS DELUXE

1 lb. string beans  
½ c. hot water  
2 tbs. olive or vegetable oil  
1 small onion (chopped)  
1 clove garlic (minced)  
1 large tomato (chopped)  
1 tb. white wine (if desired)  
1 tb. green pepper (chopped)  
1 tb. parsley, minced  
½ tsp. marjoram  
1/8 tsp. allspice  
Salt to taste

Add hot water to cut beans. Cook 25 min. over low flame. Heat oil in separate pan. Add onion and garlic; cook slowly 10 min. Add tomato, wine, pepper, herbs, and spices. Simmer 10 min. Add to beans, stir, cover, and cook 10 min. Serves 4.

Ida Tucker Jones

## STRING BEAN CASSEROLE

2 pkgs. frozen string beans, boiled 5 min.  
in salted water and drained  
1 can bean sprouts  
1 can water chestnuts, chopped  
1 small onion, grated  
2 cups grated sharp cheese  
1 can mushrooms  
1 can mushroom soup  
1 can cream of chicken soup  
1 can French fried onions

Put in layer of vegetables, then soup, grated cheese and onion. Sprinkle with dried onions. Cook 40 min. in 325° oven. Serves 12.

Rose Carraway

## BROCCOLI CASSEROLE

Make a thick white sauce, well-seasoned. Remove from heat and add three well-beaten eggs, juice of one lemon, small amount of grated onion, and  $\frac{1}{4}$  cup sherry wine. Take 2 packages of cut frozen broccoli, thaw, and put in layers in casserole with the sauce. Put casserole in a pan of water and bake about 45 min. at  $350^{\circ}$ . Set out about 15 min. before serving to allow it to set.

Bess Guion

## CORN RING

$2\frac{1}{2}$  cups milk  
 $2\frac{1}{2}$  cups fresh or canned corn kernels  
3 tbs. chopped green pepper  
2 cups soft bread crumbs  
3 eggs, slightly beaten  
 $1\frac{1}{2}$  tsp. salt  
Pepper  
Creamed crabmeat

Heat milk with corn, green pepper, and bread crumbs but do not boil. Add to eggs, stirring constantly. Season and pour into well-greased 9-in. ring mold. Place in pan of hot water and bake until set in moderate oven ( $350^{\circ}$ ) about 1 hour or until knife inserted in mixture comes out clean. Loosen around edges and invert on platter. Fill center with creamed crabmeat, shrimp, etc. Serves 8.

Linda Morris



## BAKED CORN

1 can cream-style corn  
2 eggs well beaten  
1 cup milk  
2 tbs. flour  
2 tbs. sugar  
Pinch of salt

Mix together above ingredients and  
bake at 350° approximately 1 hour.

Evelyn Shupp

## BAKED STUFFED TOMATOES

6 tomatoes  
½ cup chopped celery  
1 small onion, minced  
1 cup soft bread crumbs  
½ tsp. salt  
½ cup grated cheese  
6 tsp. butter

Heat oven to 350°. Wash tomatoes but do not peel. Cut slice from top of each, scoop out centers and slightly salt insides. Mix tomato pulp, bacon, celery, onion, bread crumbs, salt, and one-half of the cheese. Fill tomato cavities with mixture. Cover with remaining cheese. Dot with butter. Place in greased muffin cups or greased baking dish. Bake about 30 min. Serves 6.

Connie Lamar

## CASSEROLE SQUASH

2 lbs. squash	1 cup bread crumbs
1 medium onion	1 tb. sugar
2 eggs	1 tsp. salt
1 stick butter	

Cook squash and onion until tender. Drain partially. Mash and add  $\frac{1}{2}$  cup bread crumbs, sugar, salt, eggs, and butter. Pour into casserole, add remaining crumbs, and dot with butter. Bake 30 min. in 300° oven.

SaSo Jones

## MIXED VEGETABLE CASSEROLE

Mix together 1 package mixed frozen vegetables, 1 can mushroom soup, and season. Put into casserole and cover with 1 can French fried onions. Bake 30 min. at 350°.

Clare Finney

## POTATO CASSEROLE

In glass baking dish place layer of potatoes sliced crosswise  $\frac{1}{4}$  inch thick; sprinkle with flour; repeat with potatoes and flour. Season with salt and pepper. Cover with milk. Sprinkle top with Parmesan cheese. Bake in moderate oven until potatoes are tender.

Eleanor Carr

## FRIED RICE

In 3 tbs. oil fry a large chopped onion; add 3 cups cooked rice; stir 2 min. Add 3 tbs. soy sauce and stir about 2 more min.

Dixie Willis

## RICE PILAF

½ cup butter or margarine  
1 large onion, thinly sliced  
1 cup sliced fresh mushrooms, or 1 6-oz. can  
sliced mushrooms, drained  
¼ cup finely chopped green pepper  
1 cup raw regular white rice  
Dash dried thyme leaves  
2 cups canned chicken broth or bouillon

Cook onion in ¼ cup butter or margarine in skillet over medium heat until golden. Add mushrooms and green pepper; cook until tender. Remove vegetables and set aside. In same skillet heat remaining butter or margarine. Add rice and brown slightly, stirring, over low heat. Stir in onion, mushrooms, green pepper, and thyme. Meanwhile, heat chicken broth to boiling point. Stir into rice-vegetable mixture and turn into 1-qt. casserole. Cover and bake in pre-heated oven at 350° for 30 to 40 min., or until liquid is absorbed and rice is tender. Serves 6.

Johanna Taylor

## BETTY'S MEXICAN FRITO-CHIE

1 large bag Fritos, crushed  
1 cup chopped onion  
1 can red beans in chili gravy  
1 can chili without beans  
Sharp cheddar cheese, grated

Fill 2-qt. casserole with layer of Fritos, beans, chili, and onions; repeat. Top with crushed Fritos and grated cheese. Heat 30 min. in 350° oven. Serves 6.

Frances Reesman



## SOUTH AFRICAN POT ROAST

4 or more pounds bottom of the round  
3 cloves garlic  
1 can Italian plum tomatoes  
Salt pork  
Stuffed olives  
Onions

With knife make 6 or 8 deep cuts  
meat on both sides; push deep into hole  
small piece of salt pork, small piece  
garlic, and one stuffed olive. Seal in  
on both sides and put into Dutch oven.  
trivert pan cook thoroughly or this  
onions. Put onions and juice into  
oven and cover meat with water. Cook  
meat is almost tender. Add tomatoes and  
cook about 1 hour.

## MEATS AND MAIN DISHES

thoroughly  
wine at start of cooking will  
more tasty and more tender.  
Karl A.

## METHODIST LUNCH ROASTED TURKEY

Preheat oven to 450°. Put  
roaster and add 3 cups boiling water.  
roaster and cook one hour. Turn  
and let stay in oven until cold.  
open oven door until ready to take out  
turkey.

Note: It is very convenient to  
the turkey the night before and fast  
the next morning.

Martha Mills

## SOUTH AMERICAN POT ROAST

4 or more pounds bottom of the round  
3 cloves garlic  
1 can Italian plum tomatoes  
Salt pork  
Stuffed olives  
Onions

With knife make 6 or 8 deep cuts in meat on both sides; push deep into holes small piece of salt pork, small piece of garlic, and one stuffed olive. Sear meat on both sides and put into dutch oven. In frying pan cook thoroughly two or three onions. Pour onions and juice into dutch oven and cover meat with water. Cook until meat is almost tender. Add tomatoes and cook about 30 more min. or until meat is thoroughly tender. One-half cup sherry wine at start of cooking will make meat more tasty and more tender.

Karl Allan Watson

## METHODIST CHURCH ROASTED TURKEY

Preheat oven to 450°. Put turkey in roaster and add 3 cups boiling water. Cover roaster and cook one hour. Turn off heat and let stay in oven until cold. Do not open oven door until ready to take out turkey.

Note: It is very convenient to cook the turkey the night before and take out the next morning.

Martha Mills

## METHODIST CHURCH BAKED HAM

Preheat oven to 500°. Put whole ham in turkey roaster, add 7 cups boiling water and 1 cup vinegar. Cover roaster and bake 15 min. Turn off oven for 3 hrs. Cook 15 minutes more and let stay in oven until cool. Do not take cover from roaster nor open oven until ready to take out ham.

Note: This method can be used for cooking an old ham or a packer's ham.

Martha Mills

## CHINESE PEPPER STEAK

1 lb. top round steak	¼ cup water
¼ cup oil	1 tb. soy sauce
1 tsp. salt	1 small can mushrooms, sliced
1/8 tsp. pepper	1 cup long grain rice
1 clove garlic, minced	
¼ cup diced onion, or more	
4 green peppers, diced	
1 cup celery, sliced thin	
2 tbs. chopped pimiento (optional)	
2 cup beef bouillon	
2 tbs. cornstarch	

Cut beef into diagonal slivers. Heat oil in skillet; add beef; cook and stir over high heat until brown. Add salt, pepper, garlic, green pepper, celery, pimiento, mushrooms, onion, and bouillon. Cover skillet with tight-fitting lid and cook over low heat until meat and vegetables are tender, about 10 min. Blend cornstarch, water, and soy sauce and stir into meat mixture. Cook until mixture is thickened. Serve over 1 cup rice cooked until just tender, or over chinese noodles. Serves 4.

Sue Lowery  
-31-



## PORK CHOPS WITH APRICOTS

6 pork chops  
1 cup dried apricots  
 $\frac{1}{2}$  cup stock or bouillon  
Flour for dredging  
Butter for browning  
1 cup apple cider or white wine  
 $\frac{1}{4}$  cup brown sugar  
Salt and pepper

Soak apricots overnight in cider or wine. Press through a sieve. Dredge pork chops in flour; season; brown in butter. Place browned chops in casserole, pour over the warm stock and cover with apricot juice and all the liquids in which the apricots soaked. Cover and bake in  $350^{\circ}$  oven 1 hr.

Bess Guion

## CREAMY BAKED PORK CHOPS

In skillet brown 4 pork chops ( $\frac{1}{2}$  in. thick or about 1 lb.) on both sides. (Use ovenproof skillet for entire procedure, or transfer to casserole for baking.) Pour off drippings. Blend 1 can cream of celery soup\* and  $\frac{1}{3}$  cup water and pour over chops. Cover; bake at  $350^{\circ}$  for 45 min. to 1 hr.

\*Or cream of vegetable, cream of mushroom, or tomato soup.

(This is good served with rice and all that good gravy!)

Mary Warren

## HAMBURGER GOULASH

1 large green pepper	1 tsp. salt
1 large onion	Pepper to taste
2 stems celery, chopped	
1 lb. or more hamburger	
1 can whole kernel corn (not drained)	
1/3 cup tomato catsup	

In lightly greased skillet place vegetables and hamburger. Cook and stir until meat is brown. Add salt, pepper, corn, and catsup. Cook on low heat for about 10 min. (I prefer to serve this over rice but it is also good with creamed potatoes. If using rice, put it on at the same time you start goulash and the two are ready at the same time.)

Jocelyn Ipock

## KIBBEE (Lebanese Meat Dish)

Ground beef, 2 lbs.	Butter
½ cup cracked wheat	Salt and pepper
1 grated onion	Pignolia (the edible
1 chopped onion	seed of the nut pine)
	or ½ cup pecans

Soak cracked wheat in water about ½ hr. Drain well by squeezing with hands. To this add 1 lb. ground beef, salt, pepper, and 1 grated onion. Divide in half. Butter a baking dish or pan, line bottom with one part of mixture. Lay other aside for top layer. For filling, mix 1 lb. ground beef, 1 chopped onion, ¼ lb. butter. Cook in skillet until onion is done. Add 1 tb. lemon juice. Add pignolia seeds or pecans.

## Kibbee- Cont'd

Pour filling over bottom layer of mixture in baking pan. Spread other half of first mixture over top, covering filling thoroughly. Cut slits all over top layer. Dot with butter. Bake in moderate (300°) oven about 1 hr. or until brown on top.

Connie Lamar

## TAMALE PIE

3/4 lb. bacon  
1½ lbs. ground beef  
1 small onion (chopped fine)  
2 tbs. chopped green pepper  
1 large can whole tomatoes  
1 large can spaghetti with tomato sauce  
and cheese  
1 medium can small green butter beans  
Salt and pepper to taste

In a large heavy skillet brown bacon and drain on paper. Pour off most of grease and in what is left brown onion and pepper. Remove from pan and brown beef. Add onion, pepper, and crumbled bacon, tomatoes, spaghetti, and butter beans. Mix well and season with salt and pepper. Put skillet with mixture into oven preheated to 350°; bake uncovered for 45. min. May be baked in two uncovered glass casseroles.

Craig White



## BARBEQUED HAMBURGERS

1 cup soft bread crumbs (3 slices)  
½ cup milk  
1 lb. hamburger  
1 onion, chopped  
Salt and Pepper

Moisten crumbs; add other ingredients. Make patties (6 or 7); brown in fat. Add sauce and cook slowly 45 min. in covered pan.

SAUCE: 1 tb. vinegar, 1 tb. Worcestershire sauce, ½ cup catsup, ½ cup milk or water, 1 tb. sugar.

Mary Charles Maxwell

## "JOHNNY MOZETLE"

1 lb. ground beef  
½ cup chopped onions  
½ cup chopped green pepper  
1 cup chopped celery  
1 can tomato sauce (small)  
½ can mushroom soup (I use the can.)  
6 oz. noodles

Brown meat, onions, and green pepper in bacon drippings. Add celery and tomato sauce. Place cooked noodles in glass baking dish and put mixture on top of noodles. Pour mushroom soup over all and bake at 350° for 30 min.

Sue Lowery



### CLARA'S MACARONI

Cook  $\frac{1}{2}$  box macaroni until tender. In saucepan simmer 1 can tomatoes and 1 small onion until onion is tender. Mix with the macaroni; add  $\frac{1}{2}$  cup mayonnaise, butter, and salt. Put into buttered casserole and top with bread crumbs. Bake until brown.

Dorothy Harker

### NOODLE CASSEROLE

2 tbs. oil  
1 onion, chopped  
 $\frac{1}{4}$  green pepper, chopped  
1 lb. ground meat  
1 can cream of mushroom soup  
1 pkg. sour cream sauce mix  
1 pkg. broad noodles

Put oil in skillet and saute onion and pepper. Add meat; cook until brown. Add soup and sour cream mix. Cook noodles as directed on package. Drain noodles; mix with sauce.

Note: This can be cooked ahead of time and just run into oven at time of serving.

Martha Mills

### PICKLED OYSTERS

To every quart of liquid add 1 tbs. black pepper, a pod of red pepper broken into bits, 2 blades mace, 1 tsp. salt, 2 doz. cloves,  $\frac{1}{2}$  pt. best vinegar. Add oysters and simmer gently for few minutes; take out. Boil the pickle, skim it, and pour over them.

This is my mother-in-law's recipe, and it was always served for Sunday night supper.

Bess Guion



## CHICKEN TETRAZZINI

- 3 cups cooked chicken, cut in pieces
- 1 8-oz. package spaghetti, cooked in chicken broth
- 1 8-oz. can mushrooms, sliced
- 1 package slivered almonds
- 2 tbs. sherry (optional)

Make sauce of:

(Mushroom soup may be used.)

- 3 tbs. butter or chicken fat
- 2 tbs. flour
- 2 cups milk or chicken broth

Remove from fire and add 2 tbs. sherry if used.

Grease casserole and put layer of spaghetti, layer of mushrooms, chicken, and almonds. Salt, and spread white sauce over all; put another layer of spaghetti, mushrooms, chicken, and almonds. Top with grated cheese. Bake 30 min. at 375°.

Gertrude Carraway

## CRAB CAKES

- 1 lb. crabmeat
- 3 tbs. salad dressing
- 3 tsp. prepared mustard
- Dash of Texas Pete
- Pinch of salt
- 1 egg, well-beaten
- 1 tsp. horseradish
- 1 box saltines

Mix all ingredients except saltines. Roll saltines until fine crumbs and mix with meat mixture. Make patties, roll in flour, and fry in deep fat.

Myrtle Stephens

## OVEN-BAKED CHICKEN WITH ORANGE SAUCE

1 fryer chicken, cut up  
1 to 3 tbs. grated orange rind  
 $\frac{1}{2}$  cup fresh orange juice  
(Use 1 large or 2 medium oranges)  
1 tsp. mustard  
1 tsp. salt  
1 tsp. paprika  
 $\frac{1}{4}$  tsp. Tabasco sauce  
 $\frac{1}{3}$  cup cooking oil  
4-oz. can sliced mushrooms, or  
 $\frac{3}{4}$  cup sliced fresh mushrooms

Heat oven to 400° (moderately hot).  
Wash chicken, drain, and place skin-side  
down in single layer in shallow baking pan.  
Mix rest of ingredients (except mushrooms) to  
make sauce and pour over each piece of  
chicken, coating well. Bake 45 minutes,  
basting occasionally. Turn chicken,  
Sprinkle mushrooms over top, baste again,  
and bake 15 minutes longer. Remove chicken  
to hot platter and spoon sauce over top.  
Serves 4 to 6. (For crisp chicken, bake  
at 425°.)

Connie Lamar

## CHICKEN MARGARET

Place 1 fryer, cut up, and 1 cup rice in  
baking dish. Season with salt and black  
pepper. Add  $\frac{1}{2}$  cup water. Cover pan with  
foil and bake at 300° until tender. Remove  
foil and brown chicken. (May need to add a  
little water.) Pour 1 can cream of mushroom  
soup over chicken and simmer 10 to 15. min.

Margaret Avery

## BAKED SEAFOOD CASSEROLE

1 lb. crabmeat  
1 lb. shrimp  
1 cup mayonnaise  
 $\frac{1}{2}$  cup chopped green pepper  
 $\frac{1}{4}$  cup onion, chopped fine  
 $1\frac{1}{2}$  cups celery, chopped fine  
 $\frac{1}{2}$  tsp. salt  
1 tbs. Worcestershire sauce  
2 cups coarsely crumbled potato chips

Sprinkle a few potato chips on bottom of baking dish. Combine all ingredients as listed and pour into dish. Sprinkle remaining crumbled potato chips on top. Bake in 400° oven until very, very hot.

Kathleen Orringer

## CRABMEAT CASSEROLE

1 lb. fresh crabmeat  
 $\frac{1}{2}$  cup sherry wine  
3 slices fresh white bread  
 $\frac{1}{2}$  stick melted butter  
 $\frac{1}{2}$  cup light cream (Half and Half)  
Buttered bread crumbs  
Juice of  $\frac{1}{2}$  lemon  
Dash of salt and pepper  
 $\frac{1}{2}$  tsp. Worcestershire sauce  
 $\frac{1}{2}$  cup mild cheese  
 $\frac{1}{2}$  cup mayonnaise

Marinate crabmeat in sherry. Put soft bread in bowl; pour on cream, melted butter and lemon juice. Add mayonnaise, Worcestershire sauce, salt and pepper. Mix well. Toss in crabmeat. Put in casserole and sprinkle with grated cheese on top. Add buttered bread crumbs. Bake at 350° 20 min.



## SCALLOPED OYSTERS

1 qt. oysters	
Salt and pepper to taste	
1 cup toasted bread crumbs	2 egg yolks
3 tbs. flour	2 tsp. lemon juice
6 tbs. butter	2 tsp. celery salt
1 cup milk	
2 tsp. Worcestershire sauce	

Put oysters in sauce pan with salt and pepper and cook until edges curl. Fold in the sauce made from the flour, butter, milk, egg yolks, lemon juice, Worcestershire, celery salt, and salt and pepper. Add most of the bread crumbs. Put into baking dish. Cover with remaining bread crumbs. Bake at 350° for about 15 min.

Linda Morris

## SHRIMP CREOLE A LA BYRD

2 lbs. shrimp	2 or 3 bay leaves
1 can tomatoes	1 tbs. bacon fat
1 can tomato paste	1 tbs. mayonnaise
2 buttons garlic, chopped	1 tsp. sugar
1 medium onion	Salt and pepper
1 green pepper	1 tbs. File or Shrimp Boil

Saute garlic, onion, and green pepper in mayonnaise and bacon fat. Add tomatoes, tomato paste, 1 can water, and bay leaves. Simmer 30 min. or until sauce is rather thick. Add raw shrimp and seasonings. Continue slow simmer for 30 min. to 1 hr. Serve over hot rice.

Georgia Byrd

## GEFILTE FISH

6 lbs. fresh water fish (May be all one kind  
or of different kinds)  
5 onions  
2 qts. water  
4 tsp. salt  
1½ tsp. pepper  
3 eggs  
¾ cups ice water  
½ tsp. sugar  
3 tbs. sugar  
3 tbs. cracker meal  
3 carrots, sliced

Have fish filleted but reserve the heads, skin, and bones. Combine heads, skin, and bones and 4 sliced onions with 1 qt. water, 2 tsp. salt, and ¾ tsp. pepper. Cook over high heat while preparing the fish.

Grind the fish and remaining onion. Place in a chopping bowl and add the eggs, ice water, sugar, cracker meal, and remaining salt and pepper. Chop until very fine. This is important for fluffy fish. Moisten hands and shape mixture into balls. Carefully drop into fish stock. Add the carrots. Cover loosely and cook over low heat 1½ hrs. Remove cover for last ½ hr. Taste to correct seasoning. Cool the fish slightly before removing to bowl or platter. Strain the stock over it and arrange carrots around it. Chill. Serve with horseradish. OR, serve strained fish stock and the carrots cooked in it with fish balls and homemade noodles.

Elizabeth Ford

# MOST WONDERFUL ROUND CAKE

3 sticks butter  
1 lb. 10x sugar (sifted) 1 lbs. vanilla  
Dash of salt  
Dash of mace or  
gratings of nut  
all-purpose flour, sifted  
Cream butter, add sugar gradually  
beating all the while. Add eggs  
one at a time, beating thoroughly after each  
Add salt, flavoring, mace  
flour

## CAKES, PASTRIES,

## AND DESSERTS

Ingredients are added, flour into well-greased  
of mixing bowl. Four into well-greased  
pan and bake at 350° for one hour and 10  
minutes. (Be careful here; it depends  
lot on your oven. In my oven, it takes  
only one hour.) Serve it plain, dusted  
with powdered sugar or iced elaborately  
your next tea. The only requirement  
you use an electric mixer and do not  
beat it and have all ingredients at  
TEMPERATURE.

## Cookie Book

## STRAWBERRY CAKE

Mix together dry 1 pkg. white cake mix  
and 1 pkg. strawberry Jell-O. Add  
strawberry juice\* and 3/4 cup Wesson oil.  
Add 4 eggs, one at a time. Then add  
strawberries, 1/2 cup broken pecans, and  
1/2 cup coconut. Bake in 9-in. pans about  
35 minutes.

ICING: Mix together 1 stick margarine  
and 1 box powdered sugar. Add 1/2 cup straw-  
berries and cream together. Spread on cake.  
\*Fresh or frozen berries may be used.

Fresh berries, add 1 cup sugar to 1/2 cup  
berries and mash. Let stand and drain off  
1/2 cup for 1/2 cup.



## MOST WONDERFUL POUND CAKE

3 sticks butter                      Dash of salt  
1 lb. 10x sugar (sifted) 1 tbs. vanilla  
6 whole eggs                      Dash of mace or few  
2 cups plus 2 tbs.                      gratings of nutmeg  
all-purpose flour, sifted

Cream butter, add sugar gradually, beating all the while. Add eggs one at a time, beating thoroughly after each addition. Add salt, flavoring, mace and flour gradually. Beat a few minutes after all ingredients are added, carefully scraping sides of mixing bowl. Pour into well-greased tube pan and bake at 350° for one hour and 10 minutes. (Be careful here; it depends a lot on your oven. In my oven, it takes only one hour.) Serve it plain, dusted with powdered sugar or iced elaborately for your next tea. The only requirement is that you use an electric mixer and do not UNDER beat it and have all ingredients at ROOM TEMPERATURE.

## Cookie Ipock

### STRAWBERRY CAKE

Mix together dry 1 pkg. white cake mix and 1 pkg. strawberry Jello. Add ½ cup strawberry juice\* and ¾ cup Wesson oil. Add 4 eggs, one at a time. Then add ½ cup strawberries\*, ½ cup broken pecans, and ½ cup coconut. Bake in 3 9-in. pans about 35 minutes.

ICING: Mix together 1 stick margarine and 1 box powdered sugar. Add ½ cup strawberries and cream together. Spread on cake.

\*Fresh or frozen berries may be used. To fresh berries, add 1 cup sugar to 1½ cups berries and mash. Let stand and drain off juice for ½ cup.

Elizabeth McScrley

### RAW APPLE CAKE

3 cups flour  
1½ cups corn oil  
2 cups sugar  
3 eggs  
1 tsp. each salt, soda, baking powder  
1 tsp. each cinnamon, nutmeg  
2 tsp. vanilla  
3 cups chopped apples  
1 cup chopped dates  
1 cup pecans

Bake at 325° for 1½ hours.

Clare Finney

### APPLESAUCE CAKE

½ cup butter	1 cup nut meats
1 cup light brown sugar	1 cup applesauce
1 egg, beaten	¼ tsp. salt
½ cup chopped seeded raisins	1 tsp. soda
	1 tsp. cinnamon
1½ cups plain flour	

Cream butter and sugar. Add egg, raisins, and nuts. Mix dry ingredients and add to creamed mixture. Last of all work in applesauce. It takes about an hour or a few minutes longer to bake this cake at 300°. This is the best way to prepare for bridge club!

Vera Ipock

### BANANA NUT CAKE

1 stick butter	1 cup chopped nuts
3 eggs	4 ripe bananas
1½ cups sugar	3 tbs. Maola sour cream
2 cups flour	1 tsp. vanilla
1 tsp. soda	2 tsp. baking powder

Cream butter and sugar. Beat in eggs. Sift dry ingredients and add to creamed mixture. Add sour cream, mashed bananas, vanilla, and nuts. Bake in greased and floured tube pan about 1 hr. at 350°.

Kathryn MacDonald



## WACKY CAKE

Sift together in shallow baking dish 1½ cups flour, 1 cup sugar, 3 tbs. cocoa, 1 tsp. soda, ½ tsp. salt. Make 3 holes in dry ingredients: 1 large, 1 middle-sized, and 1 small. Into large hole pour 6 tbs. cooking oil; into middle-sized one pour 1 tbs. vinegar; into small one pour 1 tsp. vanilla. Pour 1 cup cold water over whole mess and mix well with fork. Bake at 350° 25 min. Frost in baking dish.

FROSTING: To 1 small package cream cheese add ½ cup sifted confectioners sugar. Fold in ¼ cup whipped cream. Add 1 tsp. almond extract. Spread over cake. Good and simple.

Edna Daniels

## BLONDE CHEWY BROWNIES

1 box light brown sugar  
4 whole eggs, slightly beaten

Heat until sugar dissolves. Do not boil. Remove from heat and add:

2 cups Bisquick  
1 tsp. vanilla  
1 cup nuts, if desired

Mix and pour into greased pan. Bake 30 min. at 350°. Cool slightly before cutting. Suggested pan size 13 x 9 in.

Anne Horner

## BROWNIES

1 stick butter	1 tsp. vanilla
1 cup sugar	1 cup nuts
2 eggs, beaten	2 sqs. melted chocolate
1 scant cup plain flour	

Cream sugar, butter, eggs; add sifted flour, then chocolate, vanilla, nuts. Bake at 325° for 20 to 25 min.

Evelyn Shupp



### BROWN SUGAR BROWNIES

7/8 stick butter (no margarine)

1 beaten egg

1 cup packed light brown sugar

1 tsp. baking powder

1 cup flour

1/2 tsp. salt

1/2 cup chopped pecans

Melt butter in heavy sauce pan. Take off burner and add sugar; stir well. Add egg and mix well; then add flour sifted with baking powder and salt. Beat well and add nut meats. Pour into 9"x9" greased baking pan. Bake at 350° about 20 min. Do not overbake as brownies should be chewy. Cool about 10 min. before cutting into squares.

Craig White

### LADY FINGERS

1-1/3 sticks butter

2 cups plain flour

4 tbs. powdered sugar

1 tsp. vanilla

1 tbs. ice water

1 cup nuts

Mix well and shape into "fingers."

Bake at 350° and roll in powdered sugar.

Peggy Whisnant

### NO-BAKE COOKIES

Place in sauce pan: 2 cups sugar,

4 tbs. cocoa, 1 stick butter, 1/2 cup milk.

Cook 2 min. after coming to a boil. Then

add 1/2 cup peanut butter, 2 1/2 cups Quick

Quaker Oats, 1/2 cup nuts, 2 tsp. vanilla.

Mix thoroughly and drop on waxed paper.

Kathryn MacDonald

## CARRIE DUFFY'S COOKIES

2/3 lb. Jewel shortening  
1 cup white sugar  
1 cup brown sugar, packed in cup  
3 eggs  
6 cups plain flour  
2 tsp. soda  
1½ tsp. salt  
2 tbs. cinnamon

Cream shortening with sugar; beat in eggs; add salt, cinnamon, and soda to flour and mix by hand until all are combined. Bake in moderate oven (325°) until cookies feel(!) done to touch (about 15 min.). Use pastry bag to make different shapes. May use red and green sugar for Christmas.

Carrie Duffy Ward

## APPLE CHEESE CRISP

4 apples	½ cup flour
¼ cup water	½ tsp. salt
1 tsp. lemon juice	¼ cup shortening
¾ cup sugar	½ tsp. cinnamon
¾ cup grated cheese	

Peel, slice in eighths, and core apples. Place in shallow buttered baking pan. Pour water and lemon juice over apples. Mix sugar with cinnamon, flour, shortening, salt, and cheese. Sprinkle over apples. Bake in moderate oven (350°) about 30 min. or until apples are tender. Serve warm or cold with or without whipped cream. Be sure to use cooking apples!

Mae Satterthwaite



## OZARK PUDDING

1 egg, beaten  
3/4 cup sugar  
3 tbs. flour  
1 1/4 tsp. baking powder (I think this is too  
Pinch salt much.)  
1 apple, cut up  
1/2 cup pecans

Bake in buttered pie tin or plate  
30 min. at 350°. Serve with whipped cream.  
Rose Carraway

## TIPSY PUDDING

1 qt. milk	1/2 pkg. lady fingers
4 eggs	4 or 5 oranges
1/3 cup flour	Sherry wine
3/4 cup sugar	Red cherries

Mix flour and sugar; add eggs. Place in double boiler with milk, stirring constantly over low heat until thick. Cool partially and pour into serving bowl.

Peel 4 or 5 good-sized oranges the round way like you would an apple, being careful to remove all white inner peel. Using sharp knife, remove sections from membrane. Place sections alternately with pieces of lady fingers over custard, pressing orange sections into custard, and with a teaspoon soak the lady fingers in wine. Whip up 1/2 pt. fresh cream, flavor with wine, and when right consistency, pour over custard.

For decorations: Save out about 10 or 12 orange sections. Make a flower in the middle of pudding alternating orange sections with red cherry halves. Place half of cherry in center of flower.

Mary Nixon Roberts



## BLACK BOTTOM PIE

Dissolve 1 tbs. plain gelatin in 4 tbs. cold water.

Scald 1-3/4 cups milk and stir in 1 cup sugar, 1 tbs. cornstarch, 3 egg yolks, and pinch of salt. Cook, stirring often until custard coats spoon. Remove from heat and stir in dissolved gelatin. Divide custard in half.

To one half custard add 2 sqs. melted chocolate and 1 tsp. vanilla. Blend thoroughly and pour into crumb crust. Let remaining half of custard cool.

Beat 4 egg whites, 1/8 tsp. cream of tartar, 1/2 cup sugar, 1 tbs. rum (approx.). Add sugar gradually while beating egg whites and cream of tartar. Flavor to taste with rum or rum flavoring. Beat until mixture holds a stiff peak. Blend with cooled custard and spread over chocolate layer in crust. Chill thoroughly several hours. May be garnished with whipped cream and chocolate curls or chocolate shot.

Note: This recipe is from Marjorie Kinnan Rawlings' CROSSCREEK COOKERY. She writes: "This is the best pie I have ever eaten...and on my deathbed I hope to be propped on a pillow and fed a portion."

Frances Reesman

## CHESS PIE SOUTHERN STYLE

1 cup brown sugar	2 eggs
1/2 cup white sugar	2 tbs. milk
1 tbs. flour	1/2 cup butter
1 tsp. vanilla	

Mix the two sugars and flour thoroughly and beat in eggs, milk, and vanilla. Add melted butter. Pour into pastry-lined pie pan and bake at 375° until set, 45 min.

## OLD FASHIONED PUMPKIN OR SWEET POTATO PIE

Mix together:

3/4 cup light brown sugar	1 tbs. flour
1/2 tsp. salt	1/2 tsp. nutmeg
1 tsp. cinnamon	1/2 tsp. ginger
1/4 tsp. cloves	

Add:

1 1/2 cups cooked pumpkin or sweet potatoes  
1 1/2 cups condensed milk  
1 whole egg  
2 tbs. dark molasses

Stir until smooth. Pour into deep pie pan lined with unbaked pastry. Bake 15 min. in 425° oven. Reduce heat to 325° and bake until firm, about 30-35 min.

Bela Cumbo

## CARROT CAKE

2 cups sugar  
1 1/2 cups salad oil  
4 eggs  
1 tsp. vanilla  
2 tsp. cinnamon

Beat above ingredients and then add, beating slowly:

2 cups self-rising flour  
1 1/2 tsp. soda

Fold in 3 cups grated carrots. Bake in 3 well-greased and floured 9-in. pans. at 350° about 30 min.

FILLING: Cream together:

1 stick margarine  
1 box 4x sugar  
1 8-oz. pkg. cream cheese  
1 tsp. vanilla  
1 cup nuts (walnuts)

Ida Tucker Jones

W H A T  
DO TRYON PALACE HOSTESSES  
REALLY EAT?



C. W.'s favorite repast is a peanut butter sandwich, Hershey bar, and a cup of cold water.

A "good and filling" lunch is C. P.'s sandwich, peanut butter crackers, and a large coke.

M. M. adds a dainty touch with a crustless sandwich (Crusts may be removed at table.) and an ice cold can of Dutch chocolate milk shake.

For good eating, nothing tops V. I.'s practical meal of hard-boiled egg, home-grown tomatoes, and delectable, mouth-watering, homemade chocolate cake. Lucky C. I. gets to share in such goodies often and usually adds a big red apple without adding a single ounce to her weight.

P. W.'s favorite is a Mickey Mouse sandwich (cheese on rye).

Cont'd



When school children are swarming, E. S. gets quick energy from a hearty sandwich, Thermos coffee, and "something good and sweet" which she generously shares with all.

Weight-watchers should try K. M.'s hot bouillon (one bouillon cube in a cup of boiling water) and "Just a little something else."

Or how about J. B.'s cold Metrecal and just one cookie, or two, or maybe three.

A great idea is J. I.'s sliced fresh fruit or tomatoes in little plastic cartons which she easily transports from home in a large brown paper bag. (It is not a garbage bag!)

Congeaed fruit salad spooned from a plastic carton or small jar is I. J.'s idea of a filling lunch with lots of vitamins and few calories. Add coffee from a Thermos. Another weight-watcher, S. L., recommends "half a sandwich, please, with a diet cola." S. J. brings a low-calorie gourmet lunch of an artichoke relish sandwich and a Tab. The most dedicated weight-watcher of all, C. L., brings only a Tab.

M. D. adds color with a big bright yellow banana, and M. S. brings variety with a "cup of this and a jar of that." Delicious!

In a class by herself is E. F. with her preparation of the Royal Repast. Each day she executes culinary feats resulting in a bacon, lettuce, tomato sandwich fit for a King...Would you believe Queen...Royal Governor....a Palace Hostess?

### ACKNOWLEDGMENTS

This little book of Twentieth Century Recipes is a 1966 Christmas Gift to the Tryon Palace Hostesses from the Cookbook Committee:

Mary Charles Maxwell, "Boss"

Frances Reesman, "Little Boss"

Kathryn MacDonald, "Assistant Boss"

Elizabeth McSorley, "Typing Boss"

Recipes: Tryon Palace Staff and Hostesses

Art Work: Ida Tucker Jones, "Boss"

Janet Latham

"Fud" Whisnant













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